

This Is a Violence-Free Zone

PARENTS

If you're about to use harsh words or behavior, try this instead:

- Close your eyes. Pretend you're hearing what your child is about to hear.
- Put yourself in time out.
- If someone can watch your child, go outside for a breather.
- Take a deep breath. And another. Notice how your heart slows down.
- Practice patience.
- See the humor in the situation.
- Compliment yourself on being a good parent.



KIDS AND TEENS

When you disagree with someone because of a difference in feeling, attitude, or thought, take the time to:

- Listen with respect and openness.
- Look at the situation from the other person's perspective.
- Question your own assumptions.
- Seek out more information.
- Treat each person as a special individual.
- Find common ground.
- Determine how each person will modify his or her position.
- Come to a mutually satisfactory agreement.

